



**Sense of Worth and Excellence in a Person**

**Objective:** Instill confidence by developing pride and self-respect in relation to their assigned career field and with their peers.

**Facilitator Aides**  
[Band of Brothers Video Clip](#)

**Lesson Outline**

**Ideal Lesson Time: 55 min.**

**Introduction**

**MP 1. Informal Small Group Discussion**

**MP 2. Large Group Discussion**

**Conclusion**

**Boot Stomp**



Respecting others means you accept them for who they are despite being different from you. Finding value in someone is the basis of trust and establishing lasting relationships.

## Introduction

**Opening/Ice Breaker:** State your name, where you're from and how many of you are excited to be in this AFSC? What does respect mean to you?

## MP 1. Informal Small Group Discussion

**Play:** [Band of Brothers Clip](#) for participants.

Break down the definition of respect by writing the definition on the board for all airmen to view. When breaking down the definition, have the Airmen relate the key points to their AFSC. The Purpose will be to find what abilities, qualities and achievements they've made thus far in their career, what they are proud of and correlate it back to self-respect.

## MP 2. Large Group Discussion

**LOQ** - How do you show respect?

**FUQ** – What character qualities do you look for in others?

**FUQ** – Is it possible to have all of these qualities, and still not earn respect? Why does this happen?

**FUQ** – Is respect something owed (to you or someone else due to a duty position)?

## Conclusion

**STATE:** Respect is like a commodity, you must give it to receive it. Much like trust, it is developed slowly but can dissolve quickly.

## Anticipated Replies and Side Notes

Discuss what took place within the clip specific to respect

**Respect:** A feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements

Anticipated Answers: Listening to someone, being mindful of someone's boundaries

**ASSESSMENT QUESTION:** Do the participants better understand the importance of respect in relation to their assigned career field and with their peers?